

### ABSTRACT OF THE DISCLOSURE

A support arm for components such as flat screen monitors. In one embodiment, the support arm includes rigid arm segment and a flexible arm segment. The flexible arm segment may be mounted adjacent to the supported component. The flexible arm segment includes a plurality of flexible tubes, each having a core surrounding by a filling material and a flexible coiled tube. Preferably, at least one of the flexible tubes is fixed at both ends while at least one of the flexible tubes includes a free floating end that is permitted to move longitudinally with respect to the fixed tube as the flexible arm is moved.

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